

CAPITAL CENTRE

Fitness

LOCATED INSIDE
AIMHIGH
Sports



7977 Centerline Dr. · Dimondale, MI 48821
517-646-4667



**HOURS: Mon, Wed, Fri. 6am - 10pm
Tues. & Thurs. 9am - 10pm · Sat. & Sun 9am - 9pm**

**12 MONTH
MEMBERSHIPS
Now Available!**

**CAPITAL
CENTRE**

Fitness

Newly Remodeled 3,000 sq. ft. Members only Fitness Facility

- ✱ Selectorized strength-training circuit by Icarian.
- ✱ Complete free-weight training area features Cybex & Icarian Equipment.
- ✱ Cardiovascular training area including top of the line treadmills by Precor, & cybex. Elliptical cross trainers, stair climbers and recumbent bikes by tectrix and Precor.

Certified Personal Trainers

- ✱ Pre-printed workout circuits provide an excellent way to get into a routine.
- ✱ One free personal training session/evaluation with the purchase of a new membership.
- ✱ Meet with trainers at your own convenience to learn how to develop a personalized program functional to your needs. (fee for service)
- ✱ Trainers on hand during evening hours to answer questions and direct general workouts.

5 Regulation Basketball Courts

- ✱ Open shoot times posted

Locker Rooms

- ✱ Full Shower Facility

Ask About Our
**STUDENT
DISCOUNTS**



www.aimhighsports.com/fitness

New members:

**\$35 Initiation Fee Plus
\$30 per month for Adults or
\$25 per month for Students**

**Each member will receive a FREE
training session with the purchase of a
twelve month membership.**

**Receive one free personal training session
upon request. (\$60 value.)**

**Group Rates (Organize a group to join
and receive discounted rates for everyone.)**

**Please contact:
David Nethaway
Fitness Director
(989) 277-6432**